

News Releases

Sept. 18, 2006

Huntley Middle School: Preparing to be a better athlete

On Monday Oct. 2, DeKalb's Huntley Middle School will host a presentation on how students can prepare to be better athletes as part of its Adolescent Health and Wellness Series. Parents and students are invited to a presentation by Dr. Gregory Grubb on what students need to know to become successful student athletes. Dr. Grubb, of Athletic and Industrial Medicine in Sycamore, will focus on the whole athlete by discussing schoolwork, sleep, and nutrition as well as training and sports injuries. Dr. Grubb is board certified in family practice and sports medicine. He has been using the Sports Medicine Model in his practice since 1987.

The presentation will follow the PTA meeting and will begin at 7:15 p.m. You do not have to be a Huntley family or enrolled in a school sport to attend. The event is co-sponsored by the Huntley Middle School PTA and the Huntley nursing staff. Huntley Middle School is located at 821 South Seventh Street in DeKalb.

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